

Staying Healthy While on R & R

While on R & R **DO**...

1. Keep taking your Malaria Medicine!
2. Get any vaccines you are scheduled to receive ON TIME, and make sure they are recorded.
3. Protect yourself from sexually transmitted diseases and unwanted pregnancy
 - If you are in a monogamous relationship...stay that way.
 - If you are not in a monogamous relationship...use condoms (or better yet, be abstinent).
4. Wear your seat belt and be safe.
5. Seek care if you don't feel well (physically or emotionally).
 - Don't forget to mention you are on R&R and get the visit documented.
 - If you see a civilian doctor call TRICARE at **1-888-363-2273**
 - If your doctor needs information on a deployment-related illness (such as pneumonia, malaria, skin lesions, diarrhea, etc.) please contact The Deployment Health Clinical Center at **1-866-559-1627**. You can also visit their website at www.pdhealth.mil

While on R & R **DO NOT**...

1. Get tested for Tuberculosis. (You will be tested when you redeploy.)
2. Drink and drive
3. Drink too much

Turn Over ⇨ ⇨ ⇨

Additional Information

If you receive medical care during R & R, you should request a copy of the documented episode of care, so that it can be placed in the deployment health record (DD 2766) upon return to the theater.

If you have any questions or concerns you can call Army One Source at:

CONUS: **1-800-464-8107**

OCONUS: (Access Code) **800-464-8107** (Free of charge to callers)

If Toll Free Service not Available, Collect Calls: **484-530-5889**

There are also resources available on line at:

<http://www.defenselink.mil>

<http://deploymentlink.osd.mil>

<http://www.pdhealth.mil>

<http://www.tricare.osd.mil/>

You can always refer your provider to the following website for information regarding deployment related illnesses: <http://deploymentlink.osd.mil/deploy/info>.

Remember...It is important that you are aware of your health status not only during deployment to a theater of combat operations but also in an R & R status during the deployment.